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A citrus twist

Pork tenderloin gets a punch of colour and flavour with an orange-balsamic glaze PAGE 17

THERE'S NO PLACE LIKE HOLMES

AFTER LANDING THE PRIZED POST-SUPER BOWL SLOT, WHAT'S NEXT FOR SHERLOCK AND JOAN ON THE CBS HIT ELEMENTARY? PAGE 13

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TED talks coming north

Bill Gates speaks at TED2011 in Long Beach, Calif. The non-profit has announced it will move its annual conference to Vancouver for 2014 and 2015. JAMES DUNCAN DAVIDSON/ TED

'Ideas worth spreading'. Star-studded conference relocating to Vancouver for 2014 and 2015

KATE WEBB
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Vancouver could replace California as the place where 1,200 of the world's greatest minds meet annually for the renowned TED conference, if a two-year trial at the Vancouver Convention Centre announced on Monday goes well.

The TED (Technology, Entertainment and Design) speaker series revealed it has decided to relocate for its 30th anniversary because of its increasingly global audience and Vancouver's green reputation and spectacular scenery.

Mayor Gregor Robertson, who was in the loop on secret negotiations for the past couple of weeks, immediately hailed the news, saying the delegates who come will bring a lot more than tourism dollars.

"I've heard TED described as the 'Olympics of the brain.' The 2010 Olympics were huge exposure for Vancouver to billions of people, and TED is big exposure to the world's intellectuals and thinkers," he told Metro.

"The global exposure of our city to the best and brightest is the real coup."

TED talks, which have racked up more than a billion views online, are designed to foster "ideas worth spreading" — but don't expect to get tickets to their Lotusland debut. Tourism Vancouver spokeswoman Amber Sessions said that, at $7,500 a pop, the 2014 seats are reserved for an exclusive community, including 100 of the best TED speakers of all time.

"This is the big TED. This isn't TEDx, this isn't TEDActive — this is the TED conference," Sessions said. "The people that go to TED are like Oprah and Bill Gates. You have to apply to go. Even just being wealthy won't secure you a spot. It's a very, very elite group of people."

Sessions said when her CEO learned in December the New York-based non-profit was considering Vancouver as its new host, he mobilized with the Canadian Tourism Commission and Vancouver Convention Centre to forge a deal.

The five-day conference will feature TED's trademark 18-minute talks, many of which will be made available for free online, on topics ranging from "How to negotiate a term sheet" to "How to break a board with your bare hands."

Greg Klassen, the Canadian Tourism Commission's vice-president of communications, said Vancouver is a contender to keep hosting the annual TED conferences until 2020.

"Our view is that they've expressed an interest in going beyond 2015, but my guess is they're going to wait to see how well it goes for them, somewhere between 2014 and 2015," he said.

A tandem event, called TEDActive, with a simulcast of the Vancouver talks and additional programming and field trips for adults, will be held at the Fairmont Chateau Whistler.

TED organizers were unable to respond to a request for comment by Metro's deadline.

Registration for both 2014 TED events in Vancouver and Whistler, which run March 17 to 21, begins Monday.

Quoted

"TED is big exposure to the world's intellectuals and thinkers. The global exposure of our city to the best and brightest is the real coup."

Mayor Gregor Robertson

Dramatic end to standoff

An abductor in an underground bunker is dead and his five-year-old hostage safe after a six-day ordeal in Alabama PAGE 8

To wheat or not to wheat

Metro takes a look at the claims made in the bestselling book Wheat Belly. The author calls the grain 'a perfect poison' PAGE 16

Alleged stabber lands in court

Jerome Bonneric, facing 12 charges after last week's rampage in Vancouver's West End, has mental-health issues, his lawyer says PAGE 3

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NEWS

Study. Body language predicts relapse among newly sober

Recovering alcoholics always hope they won't fall off the wagon, but researchers say they have now found a way to predict if that plunge will occur, and how bad the bender will be.

Observers at the University of British Columbia watched the body language of problem drinkers during two videotaped interviews and found newly sober drinkers who showed signs of shame were much more likely to hit the bottle again.

The study is the first to link physical signs of shame, such as slumped shoulders or a narrow chest, to predictions of relapse over the next three to 11 months in people who struggle with substance abuse.

University of B.C. psychology Prof. Jessica Tracy said the amount of shame displayed is also directly tied to the number of drinks an alcoholic will have on that first binge after giving up sobriety.

Forty-six drinkers recruited from Alcoholics Anonymous meetings completed questionnaires about their physical and mental health. Tracy and team researchers also assessed their body language in interviews, videotaped four months apart.

Study co-author Dan Rangles said participants who displayed a stronger response in the second interview had consumed more drinks.

"On average they consumed an additional 10.6 drinks between the four months," he said of the study to be published this week by the Association for Psychological Science journal Clinical Psychological Science.

THE CANADIAN PRESS

Bob Bellows, the lawyer of Jerome Bonneric, inset, talks to reporters outside Vancouver Provincial Court Monday. Bonneric, who made his first court appearance, is accused of going on a stabbing spree at a West End apartment building Thursday that left eight people injured.

PHYLICIA TORREVILLAS/METRO; INSET: FACEBOOK.COM

Accused in stabbing spree appears in court

West End. Jerome Bonneric, 33, made brief court appearance after eight people injured in alleged stabbing rampage last week

PHYLICIA TORREVILLAS
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The accused in a stabbing rampage in Vancouver's West End that left eight people injured last week made a brief court appearance Monday and will likely go through a 30-day psychiatric assessment.

Jerome Bonneric appeared confused when he entered the prisoner's box in Vancouver Provincial Court just before noon. He had a gash above his right eye and his right arm was bandaged, injuries his lawyer Bob Bellows says he sustained during his arrest Thursday.

The 33-year-old French national with Canadian residency, wearing red prison garb, looked dazed as he scanned the courtroom gallery.

Bellows told reporters outside court that his client does have mental-health issues and was released from St. Paul's Hospital prior to the stabbings, but couldn't say if he was in a psychiatric ward.

"He's incredibly despondent and depressed and horribly sad by what occurred," Bellows told reporters outside court.

Bonneric faces 12 assault charges in the mass stabbing. He was not previously known to police.

Bellows said the Crown will likely apply for a 30-day psych remand to determine if Bonneric is not criminally responsible by reason of mental disorder.

French deputy consul Christopher Alemelama said they are offering their services to Bonneric and was present in court to ensure he gets a fair trial.

Bonneric is remanded into custody until his next court appearance Thursday.

Seven residents, along with a responding officer, were injured and six were taken to hospital. Of the two women who remain in hospital, one is now listed in stable condition while the other remains in serious condition, Vancouver police Sgt. Randy Fincham said Monday.

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Park board promises equality, but communities aren't buying it

Public meeting. Park board GM says extra money will go toward ensuring universal access to all centres, services will not be cut

EMILY JACKSON
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Vancouver's park board wants to use surplus revenue earned by community centres going forward to level the playing field between the "haves" and "have nots" — but it's going to be tough to pry the cash from the associations' control.

Ongoing negotiations to improve the city's 40-year-old community-centre system got heated at a special public meeting held at the packed West End community centre Monday night, where a proposed plan was met by an angry crowd that had to be reminded multiple times to be respectful.

As it stands, the park board provides 46 per cent of the funds for the 23 centres through taxes. Facility-generated revenue, controlled by the community centre associations, provides 49 per cent.

But the park board's proposal to administer the revenue from parking, rentals and user fees going forward was met with a loud backlash as members from wealthier and poorer associations dismissed it as "insulting."

Only two people, a low-income resident and a representative from the Aboriginal Life in Vancouver Enhancement Society, had supported the proposal by 10 p.m.

Members from associations across the city chided the board members for what they said was a shoddy negotiation process, factual errors in the proposal and disrespect for the volunteers that work to improve the centres.

But the proposal asks for five months of continued negotiations before a new system is implemented July 1, park board general manager Malcolm Bromley said in his presentation.

"We seem to agree on the destination, but we're having a difficult time agreeing on how to get there," Bromley said.

Services will not be cut, but extra money will be moved to ensure universal access to all centres, access for people who can't afford it and to boost services in less affluent neighbourhoods, he said.

The park board will not take the $13-million surplus associations currently have and associations will still be able to apply for grants, he said.

A full house turned out to a park board meeting at the West End community centre Monday night. EMILY JACKSON/METRO

Quoted

"We seem to agree on the destination, but we're having a difficult time agreeing on how to get there." Park board general manager Malcolm Bromley

Shakeup to play role in election?

The politics: 'Put this issue on the ballot'

It could be the biggest change to the park board's structure since its inception — and citizens want to vote on the shakeup.

The conflict between the community centre associations is also shaping up to be a battle between political parties Vision Vancouver and the NPA, as many citizens at the meeting called for the change to become an election issue.

Vision commissioners make up the park board's majority, and the NPA accused them before the meeting of trying to "ram through" the policy without public consultation.

City council is entering the fray, too. Green party Coun. Adriane Carr will introduce a motion next week that asks staff to check how much the new policy could cost the city if volunteers must be replaced with paid staff.

EMILY JACKSON/METRO

Accused Stanley Cup rioter can't recall smashing windows, court hears

A man in his mid-20s wearing a green hockey T-shirt paces outside an electronics store in downtown Vancouver, pumping his arms in the air and smiling broadly at a thick crowd of whooping onlookers.

He shrugs at the crowd as if asking them what to do, and then picks up an orange-striped street barricade strewn on the ground before him.

Suddenly, another young man in a hooded sweatshirt runs past him and jump-kicks the window, sending a full pane of glass splintering.

The T-shirted man follows the act by tossing the wooden plank, but it's a weak throw that drops it to the ground. He hoists it back up in two hands, proceeding to shove it repeatedly through the window while looking backwards at the cheering crowd with a wide grin.

A white poster with a multi-coloured parrot flutters to the ground as the man is quickly swallowed up by the crowd.

The entire episode plays out on a video submitted to police in the aftermath of the 2011 Vancouver Stanley Cup riots.

Spencer Kirkwood, 26, acknowledges he was at the riot and doesn't deny he appeared in the video smashing the window.

But he says he has no memory of the act or joining the mob scene at all, a court heard Monday at the first trial for the hundreds of people charged in the melee after the Vancouver Canucks lost the Stanley Cup.

The Vancouver man pleaded not guilty to charges that brought him before a B.C. provincial court judge, unlike 110 others so far who have admitted guilt, many of them already sentenced for their crimes on June 15, 2011.

A Crown lawyer told court that Kirkwood doesn't dispute he was at the riot or that he appeared in the footage, but that he later gave a police statement describing a huge gap in his memory of what happened that night. THE CANADIAN PRESS

Sore losers

Thousands of people rocked the city's downtown after the Canucks lost the Stanley Cup to the Boston Bruins in Game 7 in 2011.

- Cars were set ablaze, stores were looted and dozens of fights broke out. Police used tear gas and riot gear to disperse the crowds about five hours after the riot began.
- Police have recommended charges against 315 suspected rioters, and the Crown has so far charged 173 people in the massive police investigation that includes thousands of hours of video evidence.

Rioters break the front doors of a Sears department store during the riot following Game 7 of the NHL Stanley Cup final in downtown Vancouver on June 15, 2011. The first trial involving the riot has heard a 26-year-old man doesn't remember smashing windows during the melee.
GEOFF HOWE/THE CANADIAN PRESS

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‘It may be legal, but it is not right’: Dix

Woodlands abuse. NDP leader says all survivors should be eligible for compensation

LIAM BRITTEN
vancouver@metronews.ca

Across the street from where Woodlands school once stood, NDP Leader Adrian Dix said if he’s elected premier all of the school’s survivors would be eligible for compensation for the years of abuse they suffered.

Dix, in one of his first policy statements ahead of the May election, said extending the compensation would happen on the first day of an NDP government.

Currently, only those who were at the school as late as Aug. 1, 1974 are eligible for compensation — a deadline Dix called an “absurdity,” especially in the case of Bill McArthur, a survivor who spent 10 years in Woodlands, but left in late July of 1974.

McArthur said Woodlands staff physically and sexually abused him.

Speaking after Dix, McArthur called on the government to settle with all survivors, regardless of the deadline.

“It may be legal, but it is not right,” McArthur said. “This government is hiding behind the skirts of the law to deny its most vulnerable citizens … compensation for the horrific abuses that they suffered while in the care of the government.”

Presently, about 870 students are eligible for compensation and 14 have reached a settlement with the government. Dix estimated his changes would make another 500 people eligible.

The Canadian Press reported that settlements have ranged from $3,000 to $150,000 based on what abuse each student suffered.

NDP Leader Adrian Dix speaks in New Westminster Monday about compensation for Woodlands survivors as Bill McArthur looks on. LIAM BRITTEN/FOR METRO

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Police

Largest cocaine bust in Abbotsford history made

Abbotsford police say they arrested a 24-year-old man in connection with the largest cocaine seizure in the department’s history.

At around 7:45 a.m. Saturday, police officers found a man with two medium-sized duffle bags in a parking lot in the 2000 block of Clearbrook Road.

Police questioned the man, but he couldn’t provide many answers about the padlocked bags.

Officers searched the bags and found more than 50 packaged bricks of what is believed to be approximately 60 kilograms of cocaine.

The man was arrested for possession for the purpose of trafficking.

PHYLICIA TORREVILLAS/METRO

Red-light glance

Drivers, put down your smartphones

Texting while stopped in traffic or holding your phone in your hand on speaker counts as distracted driving if you’re behind the wheel.

RCMP will target distracted drivers across B.C. this month in an attempt to reduce fatalities and injuries associated with using a handheld device while driving.

About a third of motor vehicle fatalities and serious injuries involved distracted driving in 2012, according to RCMP traffic service statistics.

Police have issued 105,972 tickets for using handheld devices since it was banned in January 2010. The fine is $167.

EMILY JACKSON/METRO

Foreign miners. Firm rejects claims Canadians were qualified for the job

A company criticized for hiring temporary foreign workers for a northern B.C. coal mine is dismissing allegations that it rejected the resumés of several Canadian applicants who were qualified to do the job.

The statement issued by HD Mining on Monday is the latest development in a dispute with two unions over the hiring of about 200 temporary foreign workers for the Murray River coal project near Tumbler Ridge, B.C.

The International Union of Operating Engineers, Local 115, and the Construction and Specialized Workers Union say Canadians should have been hired first, and filed documents in federal court on Friday outlining some of the qualifications found within the resumés of about 300 Canadian applicants.

One applicant had more than 30 years of extensive experience in all aspects of underground mining, while another had 20 years of experience, including three as an underground operations supervisor, according to the unions’ submission.

“The information released so far is only the unions’ position,” said HD Mining in an email to The Canadian Press, noting it will be challenging the unions’ submission and arguing it’s not accurate.

THE CANADIAN PRESS

Special technique

The company is reiterating previously made arguments, specifically that no other mine in Canada uses the methods it plans to employ at Murray River.

- HD Mining plans to use a technique called longwall mining, in which coal is extracted along a wall in large blocks and then carried out on a conveyor belt.

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Justice. Victims of child abuse praise legal update

Promises to give victims a formal role in Canada's criminal justice system and to stiffen penalties for child sex predators are important — if overdue — initiatives, two abused former hockey players said on Monday.

Speaking after a roundtable with the justice minister, Greg Gilhooly and Sheldon Kennedy said the Conservative government was on the right track.

A victim's bill of rights was one of three get-tough-on-crime themes the government plans to emphasize this year, Justice Minister Rob Nicholson said.

"Right now a victim is simply a witness — we're at the beck and call of other people," Gilhooly said.

Tougher child-abuse laws are also a priority: Currently, small-time marijuana growers face stiffer mandatory minimum sentences than those who rape children.

THE CANADIAN PRESS

Former NHLer Sheldon Kennedy, left, at a conference with Justice Minister Rob Nicholson in Toronto on Monday. COLIN PERKEL/THE CANADIAN PRESS

Authorities storm bunker in Alabama; Boy safe, man dead

Six-day standoff ends. Officials were refusing to say how abductor died in hostage-taking

Officers decided the boy was in imminent danger after the kidnapper was seen with a gun, an FBI official said. JAY HARE/THE DOTHAN EAGLE/THE ASSOCIATED PRESS

Authorities stormed an underground bunker in Alabama on Monday, freeing a five-year-old boy who had been held hostage for nearly a week in the tiny backyard shelter and leaving the boy's abductor dead.

After days of fruitless negotiation, talks had deteriorated with an increasingly agitated Jimmy Lee Dykes, who kidnapped the child from a school bus after killing the driver.

Dykes was seen with a gun, and officers concluded the boy was in imminent danger, said Steve Richardson of the FBI's office in Mobile.

Prior to press time, officials were refusing to say how the 65-year-old died.

Throughout the ordeal, authorities had been speaking with Dykes through a plastic pipe. They also sent food, medicine and other items into the bunker, which apparently had running water, heat and cable TV but no toilet. It was about four feet underground, with about 50 square feet of space.

Authorities said the kindergartner appeared unharmed. He was taken to a hospital in nearby Dothan. Officials have said he has Asperger's syndrome and attention deficit hyperactivity disorder (ADHD).

FBI bomb technicians were checking the property for explosives and planned to look more closely at the scene when it's safe, FBI spokesman Jason Pack said.

Daryle Hendry, who lives about 400 metres from the bunker, said he heard a boom Monday afternoon, followed by what sounded like a gunshot.

Ronda Wilbur, a neighbour of Dykes who claimed the man beat her dog to death with a pipe last year, said she was relieved to be done with the stress of knowing Dykes was patrolling his yard, ready to shoot at trespassers.

"The nightmare is over. It's been a long couple of years of having constant stress," she said. THE ASSOCIATED PRESS

Social media reveals social disorders

Between all the TGIF posts and baby pictures, your Facebook friends could be dropping clues about their mental states.

In fact, social media could help give therapists a more complete view of patient health, according to a study conducted by the University of Missouri.

"The beauty of social media ... is that it removes some of the problems associated with patients' self-reporting," study leader Elizabeth Martin, a doctoral student in the psychological science department, said in a release.

The study, published in the journal Psychiatry Research, involved more than 200 college students. Researchers compared Facebook activity to signs of schizotypy — a range of symptoms including social withdrawal and odd beliefs.

People with social anhedonia — the inability to experience pleasure — had fewer Facebook friends, communicated less and shared fewer photos, the researchers said.

While participants had the option of hiding things before submitting to researchers — a sign of paranoia, according to the study — what they chose to reveal suggests people may be more comfortable sharing online than in person.

TORSTAR NEWS SERVICE

News views

1 Washing up in space? Simple.

Canadian astronaut Chris Hadfield squeezes a bag of no-rinse body bath, answering a question on hygiene from Grade 5 and 6 students in Ottawa last week. SCREEN GRAB

2 Phone me up? Engage.

Star Trek icon William Shatner will phone Chris Hadfield aboard the International Space Station on Thursday. THE ASSOCIATED PRESS FILE

3 Ethnocide in Quebec? Study.

A report unveiled Monday identifies 92 ways in which Canada hinders Quebec's development, citing the long-gun registry, energy policy and new federal ridings. The study was funded partly by political parties including Premier Pauline Marois' Parti Québécois. THE CANADIAN PRESS FILE

4 Fall from space? Fast.

Skydiver Felix Baumgartner was faster than he or anyone else thought when he jumped from 37 kilometres up. According to the official numbers released Monday: 1,357 km/h, or Mach 1.25. SCREEN GRAB

5 Economic ad spending? High.

Annual spending by HRSDC on ads promoting economic success is up an average 72 per cent since the 2008 collapse, compared to the five years before it; for the Finance Department, 58 per cent; for the Canada Revenue Agency, almost triple. ADRIAN WYLD/THE CANADIAN PRESS

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Overhaul work

Air Canada's heavy maintenance must be done at home, Quebec judge rules

Air Canada is contravening federal law by not maintaining heavy-maintenance operations in Canada, the Quebec Superior Court ruled Monday.

In a 39-page ruling, Justice Martin Castonguay said the airline has an obligation under the Air Canada Public Participation Act to maintain such operations in Montreal and Winnipeg, along with Mississauga, Ont., where smaller overhaul work was completed by Aveos Fleet Performance until it closed last year.

Quebec's former Liberal government launched a lawsuit against the airline last April following the closure of Aveos, whose bankruptcy resulted in 2,600 employees losing their jobs.

After Aveos closed, Air Canada gave American company AAR a five-year renewable contract to maintain its airplanes in a specially built facility in Duluth, Minn., that employs 350 workers.

THE CANADIAN PRESS

Farewell one-cent coins, hello symmetrical rounding

Cash register confusion. Now that the penny's days are numbered, how will retailers decide what to charge?

The household penny jar may soon become a thing of the past. The one-cent coin is being officially phased out, and retailers who don't want to accept pennies anymore will round cash transactions to the nearest nickel. RYAN REMIORZ/THE CANADIAN PRESS

The Canadian penny took another step Monday on what could be a long road to extinction, with businesses given the ultimate short-term power of deciding whether they want to keep accepting them.

The Royal Canadian Mint officially ended its distribution of one-cent coins to Canada's financial institutions.

But businesses can still accept the copper pieces as long as they choose, says Shelly Glover, the parliamentary secretary to Finance Minister Jim Flaherty.

"Pennies will retain their value indefinitely so they can continue to be used as long as they are available, and with businesses that are willing to accept them," Glover said at a Shoppers Drug Mart store in Ottawa's south end.

Flaherty announced the demise of the penny nearly a year ago as a cost-saving measure as the mint was spending more to make pennies than they were worth. The last penny made came out of the mint's Winnipeg facility in May of last year.

Retailers who decide to no longer accept pennies as part of cash payments will have to round consumer purchases up or down to the nearest five cents. "When pennies are not available, cash payments will need to adapt," said Glover.

As an example, if a cash purchase totals $1.61 or $1.62, a retailer who doesn't want to deal with pennies would charge a customer $1.60.

If the purchase adds up to $2.28 or $2.29, the customer would be charged $2.30.

The government calls it symmetrical rounding.

Essentially, any final cash amount that ends with a 1, 2, 6 or 7 would be rounded down to the nearest five- or 10-cent increment. Purchase totals ending in 3, 4, 8 and 9 would be rounded up.

Electronic purchases, such as those online or using debit or credit cards, will still be billed to the cent.

THE CANADIAN PRESS

In memoriam

- Google's Doodle paid tribute to the Canadian penny on Monday, which was the day the mint stopped distributing the coin. The word Google was copper-coloured and the first O was a spinning 2013 penny — a coin that was never minted.

GOOGLE SCREEN GRAB/METRO

Jumping java. Second Cup will increase coffee prices

Second Cup is increasing prices for coffee on Feb. 18, but it's not telling customers by how much. Signs are up at some of the locations, advising customers of the increase.

Second Cup says the move was caused by the "continuing increase in raw materials and operating costs," but won't say specifically what factors are contributing to the increase, or how much prices will rise.

"We are still trying to determine the exact price change and this won't be known until closer to February 18," said Jessica McGraw of Harbinger Communications, the firm that handled the request for Second Cup. "We just wanted to give consumers fair warning that a change was happening."

Second Cup won't say when it last increased prices for coffee or baked goods.

A Tim Hortons spokeswoman said coffee prices were last increased in April 2011. Coffee prices at Starbucks increased by about five cents at some locations in Western Canada on Jan. 3.

TORSTAR NEWS SERVICE

Six-packs of beer are displayed at the Alaskan Brewing Co. in Juneau, Alaska. The company's furnace burns spent grain left over from the brewing process, and turns it into steam. THE ASSOCIATED PRESS

Alaskan brewery is 'beer-powered'

The Alaskan Brewing Co. is going green, but instead of looking to solar and wind energy, it has turned to a very familiar source: beer.

The Juneau-based beer maker has installed a unique boiler system in order to cut its fuel costs. It purchased a $1.8-million furnace that burns the company's spent grain — the waste accumulated from the brewing process — into steam, which powers the majority of the brewery's operations.

Company officials joke they are now serving "beer-powered beer."

Brandon Smith, the company's brewing operations and engineering manager, estimates the new system will offset the company's yearly energy costs by 70 per cent, amounting to almost $450,000 a year.

What to do with spent grain was seemingly solved decades ago by breweries operating in the Lower 48. Most send the used grain, a good source of protein, to nearby farms and ranches to be used as animal feed. But there are only 37 farms in southeast Alaska and 680 in the entire state as of 2011, and the problem of what to do with the excess spent grain — made up of the residual malt and barley — became more problematic after the brewery expanded in 1995.

THE ASSOCIATED PRESS

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New regulations

U.K. banks aren't 'too big to fail'

Britain's treasury chief warned the country's banks Monday they face being broken up if they fail to protect their retail operations from their riskier investment arms.

In describing the new regulatory measure, George Osborne told JPMorgan executives the days of banks being "too big to fail" are over in Britain, and taxpayers shouldn't be expected to bail out the lenders.

"My message to the banks is clear: if a bank flouts the rules, the regulator and the Treasury will have the power to break it up altogether — full separation, not just a ring fence," he said. "We're not going to repeat the mistakes of the past." THE ASSOCIATED PRESS

Inflation spiral

Argentina freezes supermarket prices

Argentina announced a two-month price freeze on supermarket products Monday in an effort to break spiralling inflation.

The price freeze applies to every product in all of the nation's largest supermarkets. The commerce ministry wants consumers to keep receipts and call a hotline about any price hikes they see before April 1.

Polls show Argentines worry most about inflation, which private economists estimate could reach 30 per cent this year. The government says it's trying to hold the next union wage hikes to 20 per cent, a figure that suggests how little anyone believes the official index that pegs annual inflation at just 10 per cent.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.14¢
(-0.13¢)

TSX
12,717.62 (-51.20)

OIL
$96.17 US (-1.6¢)

GOLD
$1,676.40 US (+$5.80)

Natural gas: $3.32 US (+1¢)
Dow Jones: 13,880.08 (-129.71))

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10255 King George Hwy
Payal Business Centre
7238 137 St, Unit 105
9589 128th St

Vancouver
1641 Commercial Dr, Unit 105
568 Dunsmuir St
6330 Fraser St
526 West Broadway
Harbour Centre
Tinseltown
1463 Kingsway Ave
Commercial Drive
SkyTrain Station
5487 Victoria Dr

North Vancouver
Lonsdale Quay, 144 Chadwick Crt

New Westminster
Westminster Centre

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Mobo Electronics:
Madison Centre
1899 Rosser Ave
Cellular Baby:
Metropolis at Metrotown

New Westminster
MVP Electronics:
807 Carnarvon St

North Vancouver
Cellular Baby:
Capilano Mall

Port Moody
iBay Communications Inc:
2929 St. John St, Unit 2

Richmond
Cellular Baby:
Richmond Centre
Mobile Republic:
4311 Hazelbridge Way, Unit 1180

Vancouver
Leading Age Computer & Electronics:
3399 Kingsway
Kingdom Photo:
3263 West Broadway
Mobilicity:
3081 Main St
Deltastyle: 1523 West Broadway
Green Cartridge:
740 East Broadway
Mobile Republic:
807 Hornby St
665 Robson St
Konbiniya Japanese Market:
1238 Robson St
Cellular Baby:
1160 Davie St, Unit 120

Surrey
Freedom Wireless:
7028, 120th St Unit 210
Surrey Wireless:
9536 120th St
Wise Electronics:
7945 132nd St Unit 104
Price Pro:
6911 King George Hwy

Langley
H.S Mobile World & Electronic Services:
20477 Fraser Hwy

Coquitlam
Mobile Republic
2929 Barnet Highway

IT'S TIME TO THROW OUT THAT LIFE SCHEDULE

SHE SAYS...
Jessica Napier
metronews.ca

If you're nearing 30 years old and have been with your significant other for a while, you are doomed to suffer through relentless questioning about when you're going to get married. Established relationship math dictates that there's a threshold beyond which the sum of your ages multiplied by the number of years you've been together equals a wedding. Of course, there's no relief for those who have actually tied the knot. Newly betrothed couples are inevitably subjected to the "When are you going to have a baby?" question from tactless co-workers and nosy aunts.

When you're not expecting...

But here's the thing about relationships: They don't unfold according to a perfectly predictable script.

It seems that we're obsessed with judging other people's relationships based on whether or not they've hit these milestones of adulthood. Even though many of us are unprepared or uninterested in marriage and parenthood, people always want to know how far along you are on this culturally constructed life schedule.

But here's the thing about relationships: They don't unfold according to a perfectly predictable script. They are messy and complicated, and the timing is almost never right. You can be with the same person for a decade and suddenly find yourself alone again or you can meet someone tomorrow and start a family with them just a few months later.

It can be challenging at times to remain close with our friends when we are hitting these different life stages in seemingly random order. In my own peer group, the conversations can range from daycare availability to salary reviews to the results of an STD test. If a friend tells me she's pregnant, I have to take a beat to assess whether she thinks that's a good thing. But even though our existing in various stages of maturity can make it hard to relate to one another at times, the diversity certainly keeps things interesting.

Recently, a friend asked if she thought we might have children at the same time so they could go to school together. I laughed at her earnest assumption that we could ever plan such a made-for-TV life for ourselves. In reality, it just doesn't work like that. We are not marching along through life in unison while adhering to some sort of rigid master plan. We are winding back and forth, detouring along the way and maybe even getting a little lost sometimes.

It's OK — preferable even — if the relationship math doesn't add up and we veer off course every once in a while. Because wouldn't it be so utterly boring if all of life's milestones were predictable?

Follow Jessica Napier on Twitter @MetroSheSays

Take social convention and toss it out with yesterday's trash.
GETTY IMAGES

Just chillin' at the car park

UNIVERSITY OF LEICESTER/THE ASSOCIATED PRESS

Parking lot find

Skeleton said to be King Richard III

This undated photo made available by the University of Leicester, England, shows remains found underneath a parking lot last September at the Grey Friars excavation in Leicester. The skeleton was declared Monday "beyond reasonable doubt" to be that of England's King Richard III, whose remains were missing for 500 years.

THE ASSOCIATED PRESS

Wars of the Roses

Killed in battle by army of Henry Tudor

Richard III ruled England between 1483 and 1485, during the decades-long battle over the throne known as the Wars of the Roses, which pitted two wings of the ruling Plantagenet dynasty — York and Lancaster — against one another.

But he was defeated and killed by the army of Henry Tudor, who took the throne as King Henry VII and ended the Plantagenet line.

THE ASSOCIATED PRESS

Little doubt

A Canadian's DNA confirmed identity

DNA from the skeleton matched a sample taken from Michael Ibsen, a distant living relative of Richard's sister. The project's lead geneticist, Turi King, said Ibsen — a Canadian carpenter living in London, England — shares with the skeleton a rare strain of mitochondrial DNA. His father Norm still lives in London, Ont.

King said that between one and two per cent of the population belongs to this genetic sub-group, so the DNA evidence is not definitive proof in itself of the skeleton's identity. But combined with the archaeological evidence, it left little doubt the skeleton belonged to Richard.

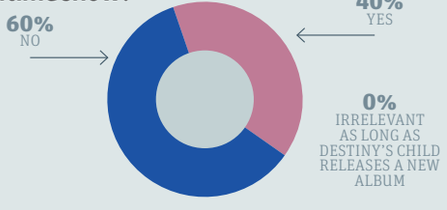
Michael Ibsen GETTY IMAGES

THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you think Beyoncé was lip-syncing during her performance at the Super Bowl halftime show?



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@TEDNews: Announcing TED2014: The Next Chapter. On our 30th anniversary, we boldly look forward—in Vancouver and Whistler, Canada http://wp.me/p10512-hSC

@andreareimer: Statement from Mayor Robertson on TED Conference coming to Vancouver: http://fb.me/2f7JNQj6a

@iheartcities: How exciting! RT @CityofVancouver TED's annual West Coast conference is moving from Long Beach, to Vancouver in 2014. http://ow.ly/hpyuB

@VIAwesome: I KNEW you guys were going to hate the news that @tedtalks are moving to Vancouver! ;) http://ow.ly/hpqir

@DORKside_Jedi: Another game day! #Canucks #GoCanucksGo #BeautifulBC #BritishColumbia

metro

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DVD review

Flight

Director. Robert Zemeckis

Stars. Denzel Washington, Don Cheadle, Nadine Velazquez

●●●●○

Denzel Washington's portrayal of pilot Whip Whitaker, a man on the upper of heroics and the downer of substance abuse, deserves all the kudos he's garnered. Whip's at the controls with co-pilot Ken Evans (Brian Geraghty) when the plane they're flying from Orlando to Atlanta is hit with a calamitous mechanical failure that slams them into a steep dive. Whip takes charge and manages an incredible landing, in which only six of 102 passengers and crew onboard are killed. Whip's a hero. But a mandatory post-crash blood test reveals he was flying bombed. It's a stunning opening by director Robert Zemeckis, who previously filmed a doomed ride in 2000's Cast Away. But Flight's high-tension opening is a mixed blessing, as it challenges the rest of the film to live up to its thrilling scenes, a near-impossible task as the drama moves on to its earthbound plot. Zemeckis and screenwriter John Gatins suddenly yield to dull convention, introducing in quick succession a romantic fellow addict (Kelly Reilly), a comic enabler (John Goodman), a stoic union rep (Bruce Greenwood) and a wily lawyer (Don Cheadle). None of these fine actors get much screen time, but the film wins on the strength of Washington's Oscar-nominated performance alone.

PETER HOWELL

Creating a hit show? It's Elementary

Look ahead. Creator mum on who will play Moriarty, but says the series will become less murder-of-the-week when Holmes' nemesis arrives on the scene

NED EHRBAR
Metro World News in Hollywood

CBS's hit Elementary — a modern take on Sherlock Holmes set in New York City — took the coveted post-Super Bowl slot Sunday night on that network, an honour rarely bestowed on a freshman series. On the tail of such a high-profile unveiling, creator and executive producer Rob Doherty gives us some updates on what's to come for the rest of the series' first season.

That post-Super Bowl slot didn't add that much extra stress

"I'm stressed out all the time anyway. So it's hard to go from 10 to 11," says Doherty. "You know, mostly what we felt was great excitement. Again, it's an honour, it's a privilege, it's an incredible opportunity to expose the show to people who may not have checked it out yet. And so we tried to take all that into consideration as we developed the story that we felt, you know, not only was a good example of what the show can do, but something that our regular audience would really have fun with as well."

Moriarty is indeed coming:

"We cannot wait to get more serious about Moriarty," Doherty admits. "In this day and age, it's virtually impossible to stunt a role and not have everyone in the universe know that this person is coming and will be revealed as this character. So we're approaching it very carefully and as quietly as we can. At the end of the day, we want a tremendous actor, but it's less fun for me if all of you know who it is and when they'll arrive and what they'll be doing. But it's a problem in the immediate future. We have a few more weeks, I think, before we have to sweat that."

When Moriarty arrives, the show will become less murder-of-the-week

"I foresee us getting a bit more serialized than we have been as we get into something of an end run for this first season," explains Doherty. "We'll still look to have a case that begins and ends over the course of a single hour of television, but you want to dollop Moriarty out appropriately, you know? Some of the specifics still need to be ironed out, but yes, as we get closer and closer to wrapping the season there will be a bit more serialization."

Moriarty aside, more figures from Sherlock's past are on the horizon

"At the moment we're actually working on an episode where we will meet Sherlock's dealer from London," Doherty teases. "We'll get, again, a little window into Sherlock, and his experience in London is going to open that much wider for having met this character. And we're lucky enough to have John Hannah (Spartacus) playing that role."

Will Elementary get a big boost from its post-Super-Bowl slot? HANDOUT

The best and worst of the Bowl

Commercial success. Metro reviews the slots from Super Bowl Sunday

SAM CASTONE
Metro World News

Super Bowl commercials are as much a part of the NFL's biggest day as John Madden, chicken wings and a football-shaped cake. That said, here are Metro's picks for the best and worst from Sunday.

The Best

Samsung, The Next Big Thing: In one minute, Paul Rudd and Seth Rogen, pitching a Super Bowl commercial to Bob Odenkirk (a.k.a Saul on Breaking Bad) made us laugh more than their last four movies combined.

Volkswagen, Get In. Get Happy: Was the ad, featuring a white man speaking in a Jamaican accent (because he's so laid-back and happy, due to his Beetle), racist? Eight million people watched to find out.

Oreo, Whisper Fight: The ad — featuring people arguing in a library, quietly, about which is better, the cookie or the cream — asked people to choose their side on Instagram afterwards. Thousands did.

The Worst

Taco Bell: Old people acting young and wild: That joke was tired in the 1980s, when we all rented Cocoon.

Go Daddy, Perfect Match: The Net domain company has earned a permanent spot on the worst list. Bar Rafaeli, has it come to this, post-Leo?

Pistachios, Get Crackin' with PSY: The most-viewed man on YouTube became so with a clever music video. This ad tries to recreate the magic by having him dance with people in pistachio costumes.

Did you miss these commercials on Sunday? Look them up on YouTube.

PSY's pistachio-themed commercial failed to crack us up. HANDOUT

‘I’m a bit of a selfish bastard when it comes to my music’: Hayden

Us Alone. Singer returns with new album and first tour in years

LIZ BROWN
scene@metronews.ca

Remember Hayden?

If you’re a child of the ’70s or early ’80s, there’s a good chance you’ve had an introspective round or two with his song Bad As They Seem.

His doleful 1995 album Everything I Long For resonated with a generation raised on grunge and put the Toronto singer songwriter on the radar of the likes of Neil Young.

And if you’re a casual music connoisseur, you could be forgiven for wondering where Hayden is now.

Here’s a quick catch up: Over the last 18 years he’s put out a handful of indie records. His most recent being 2009’s The Place Where We Lived, for which he did no press and no tours.

Today, he releases Us Alone, an eight-track offering through indie label Arts & Crafts, and this month he sets off on a cross-Canada tour in support of it.

“I felt like now was a really good time to start something new,” he says on his decision to take on such an ambitious tour.

“I’ve always sort of tried to make music something that was pleasurable for me and not something that was forced — that I was doing and hating it — so I made certain decisions around that,” he says.

“I’m a bit of a selfish bastard when it comes to my music. I’m very rarely thinking about anyone who is listening. But I surely appreciate people who like my music and tell me how it affected them or got them through certain times. I love that,” he adds.

The fans of Everything I Long For — like Hayden — are all grown up now. Long gone are the days of being a 20-something, working a dead-end job and living with parents.

Us Alone tackles Hayden’s 40-something worries and hopes and his trademark vocals tell stories with themes that are all too relatable to those nearing middle age — the trials and joys of parenthood, the pain and irrationality that accompanies infidelity and thoughts that wander toward mortality.

“My music, I’m in it, and my experiences are in every single song, whether there’s a made up twist somewhere along the lines or dark humour thrown in, or some storytelling,” he says.

And he’s ready to take these stories out in the world. “I’m feeling quite good about going on the road right now. I’m just excited to go play my old songs and my new songs and nothing else really matters at this point,” he says, adding, “it sounds a bit like an Oprah moment, but that’s how I’m feeling.”

In concert

For tour dates and ticket info, visit wasteyourdays-away.com.

Canadian singer/songwriter Hayden is photographed in a Toronto restaurant on Jan. 22 as he promotes his first new album in four years, titled Us Alone.
CHRIS YOUNG/THE CANADIAN PRESS

Styles finds silliness in celebration striptease

Harry Styles. ALL PHOTOS GETTY IMAGES

One Direction's Harry Styles celebrated his 19th birthday Friday with the help of a stripper, a gift sent over from a London radio DJ, according to Sun. Styles, for his part, found the act more comical than sexy. "It was great. I was in stitches. It was really funny," Styles tells the newspaper of the act, in which the woman was dressed as a cop. "The funniest part was that when she finished, she said, 'I'm really sorry. I couldn't find my truncheon, so I had to bring my nunchucks.' That was a bit weird." And lest any of his young fans think anything too untoward happened: "She stripped down to her underwear," according to Styles, "but unfortunately there was a no-nudity policy in the bar."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

So Katie's got her groove back?

THE WORD
Dorothy Robinson
scene@metronews.ca

Katie Holmes is reportedly ready to start dating again after her split from Tom Cruise, but sources say the fallout from their divorce is still having an effect on her, according to Radar Online. "Katie's in a dilemma, because she wants to date but is concerned where it could lead to from there," a source says. "She's worried that if she commits herself fully to another man, she will have to give up the freedom she's enjoying so much at the moment. As a single woman,

she has no one controlling her nowadays, telling her what to do or who to see and she absolutely loves it. However, at the same time, she also misses being with someone special to share experiences with and she doesn't want to be alone for the rest of her life."

Don't worry, Katie. Metro has a few suggestions for a waltz partner for you for this next phase of your life:

John Mayer:
Because everyone hooks up with John Mayer.

Samantha Ronson:
Because Stella should totally get her groove back with a foxy lesbian DJ.

Joshua Jackson:
Because wouldn't a Dawson's Creek reunion be better as a reality show?

Danny DeVito:
Because she has a thing for older, shorter guys.

Ted the talking teddy bear from Ted:
Because that bear made half a billion dollars in the box office last year. Holmes needs to be near that kind of box office success.

Demi Moore

Demi hoping for Moore than just a discount?

Demi Moore is spending more time with restaurateur Harry Morton, fueling speculation that the pair is getting serious, according to Us Weekly. Donning a tight dress and five-inch heels, Moore joined Morton for a cosy dinner at a West Hollywood restaurant this weekend. "She looked really very happy," a source says. Sources seem to be conflicting each other on the nature of Moore and Morton's relationship, with E! News reporting that they've been quietly dating for months while Us Weekly's sources insist they "are absolutely not dating."

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LIFE 3

Wheat Belly fact vs. fiction

How bad is it? In his best-selling book, Wheat Belly, Dr. William Davis slams the much-loved grain, calling it 'a perfect poison.' We asked a nutritionist whether we should follow his advice

ROMINA MCGUINNESS
Metro World News in London

"We have to deal with this incredible blunder that is the over-consumption of carbohydrates and processed foods," warns cardiologist Dr. William Davis, who believes the "cut out fat, eat more whole grains" concept was fiction to begin with.

Rather, removing wheat from our diet is a huge first step. "We should be eating a high fat, carnivorous diet (and) single ingredient foods such as vegetables, nuts, seeds, eggs, full-fat dairy, lean meats, avocados, olives and coconut — excluding grains and sugar," he says.

In his book, Davis argues how a wheat-free diet can promote weight loss and appetite reduction, and can help lower the risk of heart disease. We asked nutrition consultant Dr. Wilma Kirsten to weigh in on the claims.

So bad it's ... bad. ISTOCK IMAGES

It's not wheat, it's poison

"What we're eating is not wheat but the creation of genetics research in the '60s aimed at increasing yield-per-acre. These methods were crude and imprecise. The result is a genetically unique plant far removed from the original grain. Modern wheat is detrimental to our health — even in minute quantities," Davis tells Metro.

What the nutritionist says:

"No! We've gone through generations of eating wheat — if it was so bad, many people would be dead because of it by now. Health problems are linked to over-consumption."

You could lose 25 to 30 pounds in 3 to 6 months

"Gliadin, the main protein in wheat, stimulates feelings of hunger. The moment you lose it, your appetite shrinks and you crave less foods. On average, you'll take in 400 calories less than you used to each day. The deep visceral fat that resides within the abdomen goes first," says Davis.

What the nutritionist says:

"Yes! A lot of those who cut out wheat go, 'What do I eat now? Put a baguette in front of me and I'll go through it like a Japanese bullet train.' People start replacing wheat with proteins and vegetables."

Some gluten-free foods are terrible

Labels can be misleading, says Davis. "These products are nothing more than junk carbohydrates. They're very destructive as they trigger very severe glycemic potential (high blood sugar levels)."

What the nutritionist says:

"Yes! People want bread — so they buy the gluten-free version, convinced they're making the "healthier" choice. But these products are bad for us. They're highly refined and generally contain soya or corn flour, two hyper-allergenic foods. Go naturally gluten-free by eating grains like polenta, rice and quinoa instead."

Wheat causes intestinal damage...

"It irritates your gut — stop eating it and you lose an inflammatory drive that makes indigestion, diarrhea and autoimmune diseases occur," says Davis.

What the nutritionist says:

"Yes! Wheat contains the protein gluten, which can irritate the gut lining. This causes inflammation, leading to abdominal cramps and bloating. But not everyone reacts badly. Say I eat wheat-based foods three times a day, whereas you only eat them twice a week. If you then cut them out of your diet, the changes in your body won't be that dramatic, as you didn't eat much in the first place."

... and messes up your blood sugar levels

"In fact — it sends them soaring," says Davis. "Removing wheat from your diet helps lower your blood sugar, which in turn lessens the risk of developing cardio vascular disease."

What the nutritionist says:

"Yes! Low-fibre, refined carbohydrates are easily converted to glucose, causing a spike in blood sugar levels. When these rise too high, your pancreas has to secrete insulin to bring them back down. If this happens, you may be at risk of pancreatic insufficiency."

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Just a splash of citrus: Pork with Orange-Balsamic Glaze

ROSE REISMAN
for more, visit
rosereisman.com

This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Pork tenderloins are usually sold in packages of two, each package averaging one and a half pounds.

If you buy them from your butcher, the tenderloins may be larger and you'll have to increase cooking time.

Today's improved agricultural methods mean that pork can safely be eaten medium or medium-rare.

Ingredients

- 1 1/2 lb pork tenderloin (2 small loins)
- 1/4 cup orange juice concentrate
- 1/4 cup apricot jam
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil
- 2 tsp grated orange zest
- 1 tsp minced garlic
- pinch salt and freshly ground black pepper
- 3 tbsp chopped fresh parsley or cilantro
- 1/4 cup diced dried apricots

1. Preheat the oven to 425 F. Line a 9-by-13-inch baking dish with parchment paper.

2. Lightly spray a large non-stick grill pan or skillet with cooking oil and place over high heat.

3. Sear the tenderloins for about 2 minutes per side, or just until browned. Place in the prepared baking pan.

4. To make the glaze, combine the juice concentrate, jam, vinegar, oil, orange zest, garlic, salt and pepper until smooth. Spoon 1/4 cup of the glaze over the tenderloins and bake for about 20 minutes or until the internal temperature reaches 145 F for medium.

5. Reheat the remaining glaze. Slice the tenderloin and serve with the glaze overtop. Garnish with chopped parsley and diced apricots.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

I am not at all bitter!

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Ayurvedic and traditional Chinese medicine have always suggested bitter greens to "cleanse the liver" and mainstream North American natural health practices are catching on. But, do they really?

The empirical evidence is mixed and technically, according to the Canadian Liver Foundation, the liver doesn't need to be "cleaned," but anything that contributes to a healthy lifestyle contributes to a healthy liver. What we do know is that greens, like dandelion, promote the flow of bile and stimulate its secretion. Bile is needed to break down fats in the body.

A healthy flow of this disgusting green stuff is needed for good digestion.

Good digestion of a super healthy vegetable is enough for me to suggest including it in your diet. You can try:

1. **Dandelion greens**
2. **Arugula**
3. **Broccoli Rabe (Rapini)**
4. **Curly Endive**
5. **Radicchio**

The bitterness comes from a specific phytonutrient and each plant has its own amount.

Some producers have bred the bitterness out in order to create a more palatable product, so think about finding the heirloom or organic varieties to get the most pucker for your buck.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Thai Chicken with Grapefruit Noodle Salad

Ingredients

- 12 oz (375 g) boneless skinless chicken breasts, thinly sliced
- 3 tbsp (45 ml) canola oil, divided
- 2 tbsp (30 ml) 100% Florida grapefruit juice
- 2 tbsp (30 ml) Thai red curry paste
- 1 tbsp (15 ml) grated fresh ginger, divided
- 1 tbsp (15 ml) fish sauce
- 1 tbsp (15 ml) rice vinegar
- 1/4 tsp (1 ml) granulated sugar
- 6 oz (180 g) rice stick noodles
- 2 Florida ruby red grapefruits, peeled and segmented
- 1 small red bell pepper, thinly sliced
- 1 cup (250 ml) bean sprouts
- 1/4 cup (50 ml) chopped peanuts
- 1 green onion, thinly sliced
- 2 tbsp (25 ml) chopped mint

1. Combine chicken with 1 tbsp (15 ml) of the canola oil, grapefruit juice, curry paste and 2 tsp (10 ml) of the ginger. Coat evenly. Set aside.

2. In bowl, whisk remaining oil, ginger, fish sauce, vinegar and sugar. Set aside.

3. Cook noodles for 2 minutes. Drain, rinse and place in bowl. Add grapefruit, red pepper, bean sprouts, peanuts and green onion. Drizzle with dressing, toss well and set aside.

4. In a skillet, set over medium-high heat, stir fry chicken 8 minutes, until no longer pink. Spoon over noodles and toss. Sprinkle with mint. NEWS CANADA

Backstabbers beware! Housewives get real about their relationships

With a little help from my... The six stars of hit Vancouver show talk to Metro about what defines a genuine friend

PHYLICIA TORREVILLAS
life@metronews.ca

The cast of Real Housewives of Vancouver can agree that backstabbers will never be their true friends. HANDOUT

Friendships can be put to the test when you put six very different, opinionated and strong-willed women in one room, let alone cast them in a reality TV show.

Though they may bicker and fight, the six Real Housewives of Vancouver have something in common when it comes to what makes a good friend — they don't like backstabbers, liars and fakers. Robin Reichman, a Texan and Christian, said she's really good at sensing whether a person she meets for the first time will end up in her Christmas card list or not.

"A good friend is someone who is genuinely happy about your success, supportive of anything good that happens to you and not someone who wants to outdo you," the mother of two said.

Ioulia Reynolds, a 27-year-old art consultant, believes honesty is the best thing.

"There's no such thing as being too honest," she said. "If somebody's in my heart and I love them, and they turn around and backstab me, that's the worst. I will forgive, but I will never forget."

Amanda Hansen, a divorced mother with three young children, said real friends will be there for you no matter what your decisions are.

"My friends may not have been necessarily supportive initially of me doing this (show), but as soon as they saw that this is what I wanted to do … they're like, 'If anyone can do this, you can do this. You're the strongest woman I know.' I have the best friends in the world," she added.

Meanwhile Jody Claman said she learned the value of friendship growing up in Merritt, B.C.

"My parents taught me to 'Show me your friends and I'll tell you who you are,'" the self-made businesswoman said. "We (lived) in the middle of nowhere. Our ranch butted up to ... (an Aboriginal) reserve for a First Nations band and so we had basic human responsibilities to be kind and support one another."

The show's drama-filled first season left Ronnie Negus and Mary Zilba's friendship broken and it appears there's no reconciliation happening any time soon.

"If something like this gets in the way and takes down that 19-year friendship, then you question that friendship anyways because no show and no nothing could take a friendship down that was solid," Negus said.

Being on the show, Zilba said, revealed who her real friends are. "Ronnie has chosen her alliance and that's Jody (Claman) ... It's sad that she's not my friend anymore. It's sad that she's someone I used to know, not someone I call up anymore," the former Ohio beauty queen said.

Hotel etiquette question

Tipping a butler service

Dear Charles the Butler, My husband and I have an upcoming stay at the Savoy in London, which comes with butler service. We've never stayed in a hotel with butler service before. Do you tip after a given service (for example, give a tip as the butler is leaving the room after, for example, unpacking for us), or do we provide a gratuity at the end of our stay? Or, do we provide a gratuity at all? We don't want to come off as boorish, so please advise. — Clueless Couple.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I know the Savoy hotel well, and the head butler, Sean Davoren, is both a personal friend and one of the most well respected butlers in the U.K. His well-trained team will take very good care of you. But back to your question, the most appropriate time to tip the butler is at the end of your stay and there is no set amount.

Say goodbye to your tax refund

Alison on money. That government cheque could cost you in future savings

YOUR MONEY
Alison Griffiths
money@metronews.ca

Your tax refund might seem like a financial gift, but it's more like a loan to the government. ISTOCK IMAGES

An unexpected financial gift, a surprise bonus at work or a lottery win are all lovely windfalls. But for the average working stiff, the only thing that usually falls into this category is the annual tax refund.

In fact, it isn't really a windfall at all. It's a loan to the government, which is returned to you with little or no interest being paid. Now that is a lousy deal!

Since the year is young and tax season close, now is an excellent time to consider removing yourself from the refund ranks.

That government cheque is actually costing you in terms of future savings or current debt.

Here's an example. Say you have $2,400 on a credit card with a 19.5 per cent interest rate. And let's assume you also average a $2,400 tax refund annually.

Your plan is to pay the minimum amount 2.5 per cent monthly (starting at $60) then wipe out the balance when the tax refund arrives. With what's left ($240.22) you are going to take your sweetie out for a wonderful dinner.

However, over the year, while the government is hanging on to your money, you will have paid $446.12 in interest on that credit card debt. So your tax refund is effectively reduced to less than $2,000.

A far better plan would be to adjust the tax withholding on your paycheque and use the extra money monthly to knock down the debt. In this case, you would be paying $260 monthly on the debt — the $60 minimum plus the $200 not going to the government.

The debt would be discharged in just over 10 months. The interest paid would be $221.53. Best of all there's $498.47 free and clear by the end of month 12 for a fancy restaurant meal.

The numbers are even more dramatic projected over time. If you saved that $200 a month for 20 years at an average annual return of four per cent, compounded quarterly, it would amount to more than $74,000.

Now why would you let the government keep that kind of money when it could be in your own pocket?

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

In numbers

$1500

The average Canadian tax refund.

Money sense

Checking in on your credit score

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Please don't judge. Though it might seem lame, I love that I have FREE access to my credit report once per year from one of Canada's credit agencies; Equifax (equifax.ca) or Transunion (transunion.ca); and so do you.

Knowing your credit score can help protect you from identity theft and by managing it responsibly, you can save thousands.

Your credit score impacts your ability to borrow money at reasonable rates and purchase big and small ticket items like houses, cars or cellphones. These days, as part of background checks, many employers are pulling credit reports for job applicants to determine a candidate's level of responsibility.

Your credit score reflects your level of financial responsibility and therefore you must diligently protect it. And, because of increased fraud and identity theft, it's equally important that you ensure your credit report is accurate.

Good credit is built through paying back loans on time, maintaining revolving credit (credit cards or lines of credit) through regular payments and not declaring bankruptcy.

Bad credit is a result of a person's inability to manage their credit commitments. Often times this happens when a person loses a job, an emergency drains savings or cash flow is squeezed due to overspending.

The only way to fix bad credit is to show an ability to make payments on time and in full consistently over several years. A credit counsellor can walk through the process of gradual credit improvement. Check out creditcounsellingcanada.ca or creditcanada.com.

Know the status of your credit score by monitoring it regularly. Request your free yearly copy and ensure the credit bureau's records match yours. Look for identity theft, reporting errors, loan defaults and other negative items. If an error is discovered in your file (and you have proof), the credit bureau must correct it. If you have a question or inquiry, send a written request (with official receipts and paperwork) to the credit bureau and they will investigate the matter for you.

Credit knowledge is powerful and saves money.

metro
RRSP GUIDE
Tuesday, February 5, 2013

Meet with financial advisers until you find one that you are comfortable with when starting to invest in your future. Also, figure out your risk tolerance and identify your goals. ISTOCKPHOTO/THINKSTOCK

Helpful tips for new investors

JANE DOUCET
For Metro

Since they were first introduced in Canada in 1957, registered retirement savings plans continue to be one of the best ways to save for retirement. In addition, this type of investment will reduce your taxable yearly income.

"RRSPs are also a good way to build a down payment to buy a house," says Blair Guilfoyle, a certified financial planner in Toronto and a partner with Guilfoyle Financial.

Guilfolyle shares the following insights with those who are new to RRSP investing:

Find an experienced financial adviser

Ask trusted family, friends and colleagues to recommend an adviser, then meet with them until you find one you are comfortable with. "It's important that the person has the required designations, such as certified financial planner or chartered financial analyst," Guilfoyle says.

It's also helpful if they have been working in the financial industry for a few years and have a broad range of experience. An independent financial adviser (one not associated with a particular bank) will be able to offer a greater choice of investment companies, as well as other types of financial planning services.

Figure out your risk tolerance

Your adviser will help you determine how much market-volatility risk you are comfortable with and your timeline to withdraw the money, then choose the RRSPs based on that information.

For example, someone with low-risk tolerance who wants to take the funds out in five years to buy a house might do well with conservative guaranteed investments, such as redeemable GICs (guaranteed investment certificates) or conservative mutual funds. "It's important to have a comprehensive conversation up front about goals and risk tolerance," Guilfoyle says.

Identify your goals

Do you want to use your RRSPs to save for retirement? Or to buy a house or further your education?

The first step is to decide what you want that pool of cash for. Perhaps you have been contributing for a while and you are ready to buy your first house: The federal government's Home Buyers' Plan allows you to withdraw up to $25,000 from your RRSPs to buy or build a home.

If you decide to pursue full-time training of post-secondary education — maybe you want to apply to law or medical school after working in another field — you can borrow up to $20,000 through the Lifelong Learning Plan.

Don't be discouraged by market dips

It's important to know at the outset that there will be market volatility in the future. When your portfolio does dip, don't panic — the dips will be temporary.

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Sound strategies for life's various stages

TALBOT BOGGS
Smart Investing

With more and more evidence that Canadians are not financially preparing for retirement, the need to start saving earlier in life and put in place sound financial registered retirement savings plan (RRSP) strategies are becoming increasingly important.

A recent annual survey by BMO Financial Group found that the number of Canadians who have an RRSP is increasing. Unfortunately, most are not contributing anywhere near the maximum they can.

The report found that 67 per cent of Canadians have an RRSP, up six per cent from 2011, and 72 per cent expect to contribute the same amount as they did last year. However, the annual contribution last year was only $4,670 — about 21 per cent of the annual allowable contribution room — and industry reports now suggest that total unused RRSP contributions will hit $1 trillion by 2018.

"The trend is encouraging, but it is not moving fast enough," says Steve Shepherd, vice-president and investment strategist with BMO Global Asset Management.

Only 49 per cent of younger Canadians between the ages of 18 and 34 plan to open an RRSP in the next five years, and a little more than half of that age group plan to, or have been making contributions toward their RRSPs. Only 30 per cent know the size of their annual RRSP contribution limit.

Young people in their 20s often make the mistake of not investing because they don't feel they have enough money at that stage in their lives to make it worthwhile.

"Forty per cent don't feel they have enough saved to invest," Shepherd says. "But it's important to get into the savings habit, even if it's only $50 a month because what's important in investing is how long you're in the market. The sooner you get started the better."

A portfolio at that stage of life could typically be more heavily weighted to long-term equities, but the decision often will be determined by an individual's risk tolerance. Given the current low interest rate environment, long-term returns can be a lot higher than what you can get from fixed income, overcoming inflation and still providing a real return.

Investing in your future savings can lead to varying strategies, depending on your age. PIXLAND/THINKSTOCK

"In the 20s, a lot of people might have a figure in mind that they need for retirement, but as their lifestyle builds by the time they hit 55 they realize that figure won't do and they should have been saving more and should have tweaked their plan," says Bill Jack, Toronto regional director with Investors Group. "A plan has to be fluid and change over time."

In their 30s and 40s, people tend to get married, have children, buy a house or condo and one of the spouses or partners may leave the workforce, resulting in higher household debt and lower income.

In this stage of life there may be more opportunities to save through other options like the tax-free savings account and registered education and registered disability savings plans.

"These are all available, but you need to have a sound budget," Shepherd says. "A portfolio would typically become more conservative with less volatility but still with some growth — perhaps about 55 per cent in equities and 45 per cent in fixed income including about 25 to 30 per cent in bonds."

Portfolios during the 50s and 60s would typically become more balanced, shifting away from volatility and equities and more into fixed income. A lot of people make the mistake of just looking at what kind of returns they think they will need in retirement without factoring in other influences such as inflation.

"People may have been saving when interest rates were high and inflation low, but what if inflation goes up to five or six per cent a year?" Shepherd says. "When you factor that in to retirement, it can really erode your income's buying power."

Shepherd says in this stage of life people need to think very hard about what rates of return they think they will need, be conservative but still keep their portfolio diversified enough to provide some growth to counteract inflationary pressures.

After age 65, the primary financial focus generally is on generating a steady income stream and protecting it from the ravages of inflation and taxes. As salary or wages decrease or stop, investments must produce sufficient income to help supplement government and private pension benefits and other income.

There are a number of ways to save for your future. JUPITERIMAGES/CREATAS

As an investment strategy, a retiree's portfolio should place a greater emphasis on income-generating stocks and bond funds and annuities. However, growth stocks and mutual funds should not be entirely discounted. Growth-type investments still can serve a useful purpose in the battle against inflation.

Shepherd suggests laddering fixed income investments over a five-year period to help reduce interest rate risk, and consider an allocation in higher yielding corporate bonds, as well as real return bonds to address inflation risk.

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

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Don't forget, the RSP contribution deadline is March 1.

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Refund. Wise ways to put your money to work

JANE DOUCET
For Metro

Great news! Thanks to your RRSP, you are getting an income tax refund. And as much as you would like to spend it on something fun, you probably should use it wisely.

Stephanie Holmes-Winton, a Halifax-based financial adviser and president and CEO of The Money Finder, has these six suggestions for how to do so:

1 Build an emergency savings fund. When it comes to a refund, try to pretend that you never had the money in the first place so you don't blow it on something frivolous.

"It's hard to do but not impossible," Holmes-Winton says. The ideal emergency fund should cover six months of such necessary expenses as mortgage or car payments, rent, food and utilities. Most people turn to debt — credit card or line of credit — in a financial crisis; having a sizable emergency fund in place means you shouldn't have to.

2 Make a lump-sum payment on your mortgage. If you do this every year that you receive a refund, the reduction in payments will add up over time. "That means you'll pay less on both the principal and interest," Holmes-Winton says.

3 Top up your "fun" money. If you are planning to take a holiday or do minor home renovations in the near future, put the refund in a high-interest savings account until you are ready to use it. "Then maybe you can afford marble countertops instead of laminate," Holmes-Winton says.

4 Start a tax-free savings account (TFSA). It's a smart idea to use one type of retirement savings to start another complementary type of retirement account. A TFSA is a flexible, registered, general purpose savings account that earns tax-free investment income to more easily meet lifetime savings needs.

5 Put it toward next year's RRSP. The smart thing to do in this case is to open a separate savings account with no debit card access. "That makes it a slower process to access those funds," Holmes-Winton says. "If you know it's going to take a few days to get the money, you'll be less likely to spend it impulsively."

6 Get the family's input. If you have children who are elementary school age or older, hold a family meeting to ask them how they think the refund should be spent. "Tell them how much the refund is and say you'd like their help on how the family should spend it," Holmes-Winton says. "Kids can come up with some fantastic ideas."

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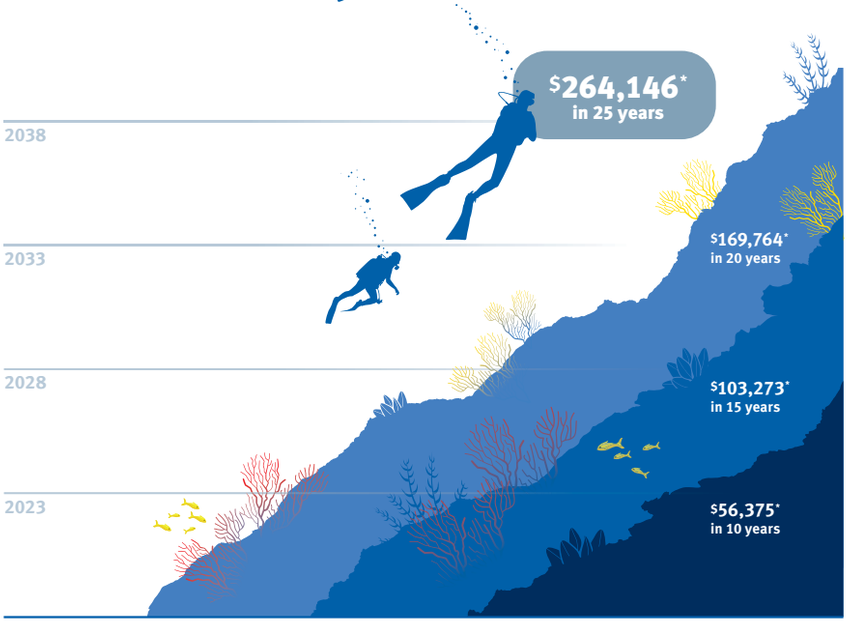

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The sooner you start investing and building an RRSP, the sooner you can start taking advantage of compound interest. BRAND X PICTURES/THINKSTOCK

Get interested in saving early

If you have heard it's better to start putting money into RRSPs early in life, you heard right. But how young can you be when you start? And how much money do you need to invest during those early days?

"You can begin accumulating RRSP contribution room as soon as you file your first tax return, and you may open an RRSP as soon as age 18, depending on your financial institution's policy," says Robert McCullagh, a Calgary-based certified financial planner with Benefit Planners Inc. and a past chair of Advocis, The Financial Advisors Association of Canada.

The beauty of socking cash into an RRSP early in life is what's called compound interest. "That means the RRSP earns interest on the interest it earned in a previous period," McCullagh says. "It's exponential growth over time."

McCullagh offers these tips to getting into the RRSP game sooner rather than later:

It's OK to start small

Even if you only can spare $15 or $25 per month until you start earning more. "I tell my clients that it's important to do something rather than nothing, and sooner rather than later," McCullagh says. "Saving consistently annually will give you retirement income indefinitely."

Consider an RRSP loan

In some cases, it might be to your advantage to borrow money to contribute to your RRSP.

"While you should use the RRSP receipt for the same period of time as the loan payments," McCullagh says, "the refund can be used to pay down debt, invest in a tax-free savings account or spend."

Form good financial habits

If you start saving and spending responsibly at a young age, it becomes habit-forming and a way of life. "For example, when you get a raise at work, give your RRSPs a raise," McCullagh says.

When you see the positive results of your healthy financial habits, it will motivate you to continue them.

JANE DOUCET

NHL

Vanek garners first-star status

Buffalo Sabres left-winger Thomas Vanek was named the NHL's first star of the week on Monday after leading all players with 10 points last week.

Pittsburgh Penguins left-winger Chris Kunitz earned the second star and Vancouver Canucks goaltender Roberto Luongo picked up the third star.

Vanek recorded five goals and five assists in four games. THE CANADIAN PRESS

Buffalo Sabre Thomas Vanek celebrates scoring against the Bruins on Thursday in Boston. GETTY IMAGES

NHL

Rangers and Wild wheel and deal

The New York Rangers traded rugged forward Mike Rupp to the Minnesota Wild on Monday for forwards Darroll Powe and Nick Palmieri.

The Rangers have been looking for depth at forward to complement their top line of Rick Nash, Brad Richards and former Wild star Marian Gaborik. New York is also dealing with the loss of captain Ryan Callahan, who is currently sidelined by a dislocated shoulder.

Rupp has played in 565 NHL games over 10 seasons with New Jersey, Phoenix, Columbus, Pittsburgh and the Rangers.

THE ASSOCIATED PRESS

Vancouver Canuck Alex Burrows looks for the rebound as Oilers goalie Devan Dubnyk makes the save and Ladislav Smid defends on Monday in Edmonton. JASON FRANSON/THE CANADIAN PRESS

A memorable first goal

NHL. Defenceman Chris Tanev's tally against Oilers wins game for Canucks in overtime

Chris Tanev scored with 19.3 seconds remaining in overtime as the Vancouver Canucks won a season-high third game in a row, coming from behind to defeat the Edmonton Oilers 3-2 on Monday.

With just 2:17 remaining and the Oilers holding a 2-1 lead, the Canucks were able to tie the game on a long shot from Kevin Bieksa that beat goalie Devan Dubnyk stick-side to send the game to extra time.

Taylor Hall was awarded a penalty shot for the Oilers with 2:47 gone in OT after being hooked down by Daniel Sedin on a breakaway, but Hall was stopped by Canucks goalie Roberto Luongo, who finished with 23 saves.

Jannik Hansen also scored in regulation for the Canucks (5-2-2), who extended their lead atop the Northwest Division.

Ales Hemsky and Ryan Smyth replied for the Oilers (4-3-2), who have lost three in a row. Dubnyk, meanwhile, stopped 37 shots.

The first period was largely uneventful until late in the frame when the Oilers struck on the power play. Nail Yakupov made a nice chip pass and Hemsky hustled to beat Jason Garrison to the puck before undressing Luongo with a deke for his third goal of the season.

Luongo named NHL third star

- The National Hockey League on Monday named Vancouver Canucks goalie Roberto Luongo the third star of the week.
- Luongo started his fourth consecutive game Monday night against the Edmonton Oilers, and is coming off three solid outings last week.

The Oilers made it 2-0 eight minutes into the second as Anton Lander picked off a pass at the Canucks blue-line while shorthanded and sent it to Smyth in front. His shot was partly blocked by Alex Edler but still managed to dribble its way into the Vancouver net.

The Canucks got on the board four minutes later after a good battle by Hansen culminated in his shot from behind the goal-line catching Dubnyk off guard, going in off his arm.

Vancouver held a 21-12 shot advantage after 40 minutes. The Canucks had a good chance to tie it up five minutes into the third period on a tipped shot in front of the net by Alex Burrows, but Dubnyk was able to make a leaping save.

Luongo matched that with a point-blank save on Jordan Eberle with nine minutes to play.

THE CANADIAN PRESS

Lions name Jarious Jackson new QB coach

B.C. Lions kicker Paul McCallum holds the Grey Cup in November 2011 at BC Place. McCallum signed an extension with the Lions. JEFF VINNICK/GETTY IMAGES FILE

The B.C. Lions made a trio of announcements at their Surrey practice facility on Monday.

Jarious Jackson will retire as a B.C. Lion before moving on to the next phase of his football career as a member of the team's coaching staff.

The 35-year-old Jackson played seven seasons with the Lions, mostly in a backup and short yardage role, before he signed with the Toronto Argonauts for 2012. The Argos released Jackson on Monday. He now becomes the Lions' new quarterbacks coach.

Jackson won his third career Grey Cup as a player with the Argos last November, and will sign a one-day contract with B.C. to officially conclude his playing career with the Lions.

He'll then begin his new job.

"The big part for me was to have someone there that the quarterback could talk to," said head coach Mike Benevides.

Also on Monday, the Lions officially signed an extension with veteran kicker Paul McCallum, less than a month after he turned 43.

The 2013 season will be McCallum's 21st in the Canadian Football League. The time has just flown by, like his 622 career field goals through the uprights.

"You blink your eyes and here you are," said McCallum, who is now the oldest player on the Lions roster by six years.

"I don't think of it that way. I don't think I'm 43 years old. I don't feel 43 and hopefully I don't kick like I'm 43."

The Lions also announced a two-year extension with the City of Kamloops that will see the team hold training camp at Hillside Stadium, which is adjacent to the Thompson Rivers University campus, through 2014.

The Lions have held camp in Kamloops since 2010.

THE CANADIAN PRESS

4 SPORTS

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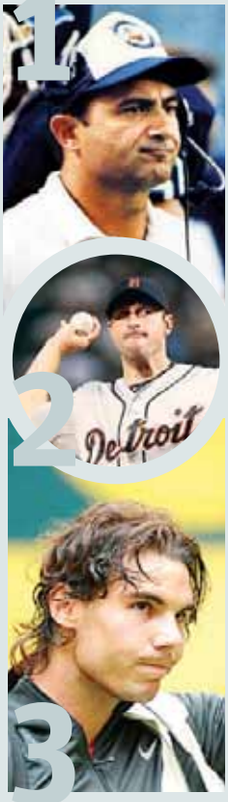
Sports in pictures



1 CFL. 'Obie's' time over in Hamilton

Bob O'Billovich officially announced his retirement Monday at the Tiger-Cats' business office in Hamilton. The 72-year-old affectionately known as "Obie" spent the last five seasons with the Ticats — four as GM before being promoted to vice-president of football operations in 2012.
THE CANADIAN PRESS

2 MLB. Tigers secure 1 year from Scherzer

The Detroit Tigers agreed to a one-year, $6,725,000 US contract with right-hander Max Scherzer on Monday and avoided salary arbitration. THE ASSOCIATED PRESS

3 Tennis. Nadal will play with pain in return

Rafael Nadal's ailing left knee may continue to bother him until the end of the month, his coach said Monday. Nadal opens play on Tuesday in the VTR Open in Chile, playing doubles with Juan Monaco. On Wednesday, he will play singles against the winner of a first-round match between Guido Pella and Federico Delbonis.
THE ASSOCIATED PRESS

Officials left in the dark

Lights-out Super Bowl. Culprit of power outage may not be known for days, says energy company exec

Who turned out the lights?

The day after the 34-minute blackout at the Super Bowl, the exact cause — and who's to blame — is unclear, though a couple of potential culprits had been ruled out.

It wasn't Beyoncé's electrifying halftime performance, according to Doug Thornton, manager of the state-owned Superdome, since the singer had her own generator. And it apparently wasn't a case of too much demand for power. Meters showed the 76,000-seat stadium was drawing no more electricity than it does during a typical New Orleans Saints game, Thornton said.

The lights-out game Sunday proved an embarrassment for the Big Easy just when it was hoping to show the rest of the world how far it has come since Hurricane Katrina in 2005. But many fans and residents were forgiving, and officials expressed confidence that the episode wouldn't hurt the city's hopes of hosting the championship again.

To New Orleans' great relief, NFL commissioner Roger Goodell said the city did a "terrific" job hosting its first pro-football championship in the post-Katrina era, and added: "I fully expect that we will be back here for Super Bowls."

Fans watching from their living rooms weren't deterred either. An estimated 108.4 million people saw the Baltimore Ravens beat the San Francisco 49ers 34-31, making it the third-most-viewed program in television history. Both the 2010 and 2011 games hit the 111 million mark.

The problem that caused the outage was believed to have happened around the spot where a line that feeds current from the local power company, Entergy New Orleans, connects with the Superdome's electrical system, officials said. But whether the fault lay with the utility or with the Superdome was not clear.

Determining the cause will probably take days, according to Dennis Dawsey, a vice-president for distribution and transmission for Entergy.

Sunday's Super Bowl was New Orleans' 10th as host, and officials plan to make a bid for an 11th in 2018.

Mayor Mitch Landrieu told WWL-AM on Monday that the outage won't hurt the city's chances, and he joked that the game got better after the blackout: "People were leaving and the game was getting boring, so we had to do a little something to spice it up."
THE ASSOCIATED PRESS

A big deal in Canada

18.2M

Overall, more than 18.2 million viewers in Canada watched some or all of the game on RDS or CTV, CTV said. The game attracted an average audience of 7.33 million viewers on those channels.

The Superdome is seen after lights went out during the Super Bowl on Sunday in New Orleans. The exact cause is unclear. MARCIO SANCHEZ/THE ASSOCIATED PRESS

Downhill skiing. Guay ready to defend title at world championships

Reigning world downhill champion Erik Guay knows the course at the world ski championships hasn't been kind to him in the past.

But the Canadian veteran is still confident ahead of the event — which begins Tuesday and concludes Feb. 17 — thanks to a run of solid results in recent weeks.

"I feel good about everything," Guay said Monday on a conference call. "I was really satisfied with my month of January. We had a good game-plan coming into January."

Guay, who took silver a week ago at a World Cup downhill in Kitzbuhel, Austria, said he's ready to try to defend his world title.

"I feel like I'm prepared," he said. "I know that it's going to be different, special conditions here, but I'm looking forward to this week, I think it's going to be exciting."

He's only been on the course once before — in two races last year — and didn't finish well.

"My results historically haven't been that great," he said. "Last year I think I finished 15th or 16th, somewhere around there."

Guay, from Mont-Tremblant, Que., won his downhill title in Garmisch-Partenkirchen, Germany, in 2011.

Reigning world downhill champion Erik Guay says he's feeling good ahead of defending his title at the world ski championships.
THE CANADIAN PRESS FILE

He expects the Schladming course will be a challenge.

"It's not really steep, especially on the top sections, a lot of terrain to it," he said. "Lots of rolls, ups and downs, with about, I should say, five downhill turns of steep terrain towards the finish area."

Guay is looking to continue Canada's downhill success that started when Jan Hudec of Calgary won silver six years ago in Are, Sweden. Two years later, John Kucera of Calgary claimed the title in Val d'Isere, France.

Guay plans to compete in the men's super-G race Wednesday ahead of Saturday's downhill. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	9	6	3	0	30	22	12
New Jersey	8	4	1	3	20	19	11
NY Islanders	8	4	3	1	27	26	9
NY Rangers	8	4	4	0	19	22	8
Philadelphia	9	3	6	0	21	26	6

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	8	6	1	1	24	19	13
Montreal	8	6	2	0	26	17	12
Ottawa	9	5	3	1	25	16	11
Toronto	9	4	5	0	22	27	8
Buffalo	9	3	5	1	27	33	7

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	8	6	2	0	39	21	12
Carolina	8	4	4	0	22	24	8
Winnipeg	8	3	4	1	24	32	7
Florida	8	3	5	0	20	30	6
Washington	9	2	6	1	21	33	5

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	9	7	0	2	28	20	16
St. Louis	8	6	2	0	31	19	12
Detroit	8	4	3	1	22	24	9
Nashville	8	3	2	3	14	20	9
Columbus	9	3	5	1	18	28	7

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	9	5	2	2	24	22	12
Edmonton	9	4	3	2	22	24	10
Minnesota	9	4	4	1	21	24	9
Colorado	9	4	5	0	21	23	8
Calgary	6	1	3	2	16	24	4

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	8	7	0	1	30	14	15
Anaheim	7	5	1	1	27	22	11
Phoenix	10	4	4	2	29	27	10
Dallas	10	4	5	1	20	25	9
Los Angeles	7	2	3	2	16	23	6

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results
Carolina 4 Toronto 1
Dallas 3 Colorado 2
Phoenix 2 Minnesota 1
Vancouver 3 Edmonton 2 (OT)
San Jose at Anaheim

Sunday's results
Pittsburgh 6 Washington 3
Montreal 2 Ottawa 1
Florida 4 Buffalo 3
New Jersey 3 NY Islanders 0

Tuesday's games — All Times Eastern
Toronto at Washington, 7 p.m.
Los Angeles at Columbus, 7 p.m.
Pittsburgh at NY Islanders, 7 p.m.
NY Rangers at New Jersey, 7 p.m.
Tampa Bay at Philadelphia, 7:30 p.m.
Calgary at Detroit, 7:30 p.m.
Buffalo at Ottawa, 7:30 p.m.
Florida at Winnipeg, 8 p.m.
Nashville at St. Louis, 8 p.m.
Chicago at San Jose, 10:30 p.m.

Wednesday's games
Boston at Montreal, 7:30 p.m.
Anaheim at Colorado, 9:30 p.m.
Dallas at Edmonton, 10 p.m.

NFL

SUPER BOWL XLVII

Sunday's result — at New Orleans
Baltimore 34 San Francisco 31

RAVENS 34, 49ERS 31

Baltimore	**7**	**14**	**7**	**6—34**
San Francisco	**3**	**3**	**17**	**8—31**

FIRST QUARTER
Bal — Boldin 13 pass from Flacco (Tucker kick), 10:36.
SF — FG Akers 36, 3:58.
SECOND QUARTER
Bal — Pitta 1 pass from Flacco (Tucker kick), 7:10.
Bal — Jones 56 pass from Flacco (Tucker kick), 1:45.
SF — FG Akers 27, 0:00.
THIRD QUARTER
Bal — Jones 108 kickoff return (Tucker kick), 14:49.
SF — Crabtree 31 pass from Kaepernick (Akers kick), 7:20.
SF — Gore 6 run (Akers kick), 4:59.
SF — FG Akers 34, 3:10.
FOURTH QUARTER
Bal — FG Tucker 19, 12:54.
SF — Kaepernick 15 run (pass from Kaepernick to Moss), 9:57.
Bal — FG Tucker 38, 4:19.
SF — Safety Culliver snapped ball out of end zone, 0:04.
Attendance — 71,024 at New Orleans.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	31	14	.689	—
New York	31	15	.674	1/2
Indiana	29	19	.604	3 1/2
Chicago	29	19	.604	3 1/2
Brooklyn	28	19	.596	4
Atlanta	26	20	.565	5 1/2
Milwaukee	25	21	.543	6 1/2
Boston	24	23	.511	8
Philadelphia	21	26	.447	11
Detroit	18	31	.367	15
Toronto	**17**	**31**	**.354**	**15 1/2**
Orlando	14	34	.292	18 1/2
Cleveland	14	34	.292	18 1/2
Washington	12	35	.255	20
Charlotte	11	36	.234	21

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	38	11	.776	—
Oklahoma City	36	12	.750	1 1/2
L.A. Clippers	34	16	.680	4 1/2
Memphis	30	16	.652	6 1/2
Golden State	30	17	.638	7
Denver	30	18	.625	7 1/2
Utah	27	22	.551	11
Houston	26	23	.531	12
Portland	25	23	.521	12 1/2
L.A. Lakers	22	26	.458	15 1/2
Dallas	20	28	.417	17 1/2
Minnesota	18	27	.400	18
Sacramento	17	33	.340	21 1/2
Phoenix	16	32	.333	21 1/2
New Orleans	15	33	.313	22 1/2

Note: division leaders ranked in top three positions regardless of winning percentage.

Monday's results
Washington 98 L.A. Clippers 90
Philadelphia 78 Orlando 61
Indiana 111 Chicago 101
New York 99 Detroit 85
Miami 99 Charlotte 94
Oklahoma City 112 Dallas 91
Portland 100 Minnesota 98
Utah 98 Sacramento 91 (OT)

Sunday's results
Boston 106 L.A. Clippers 104
L.A. Lakers 98 Detroit 97
Miami 100 **Toronto 85**

Tuesday's games — All Times Eastern
Atlanta at Indiana, 7 p.m.
L.A. Lakers at Brooklyn, 7:30 p.m.
Phoenix at Memphis, 8 p.m.
Golden State at Houston, 8 p.m.
Milwaukee at Denver, 9 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
The world around you may be chaotic but you are a vision of calm. It may be unusual for you to be this laid-back. But if you are smart, you will do whatever it takes to make it last as long as possible.

Taurus
April 21 - May 21
Changes in your place of work may be causing you all sorts of problems at the moment but there is really nothing to worry about. In fact, in the longer term these changes may be just what you need.

Gemini
May 22 - June 21
Be dynamic. Be different. The more chances you take between now and when the Sun changes sign in a couple of weeks time, the more options you will have later in the year. Dare to follow your dream.

Cancer
June 22 - July 23
You need to confront your fears head-on. The planets urge you to be brave and face up to what has been worrying you these past few months. Make this the day when you seize back the initiative.

Leo
July 24 - Aug. 23
No one has the power to burst your bubble. The more others spin tales of despair and destruction, the more you will laugh in their faces. Quite right too. Life is good and getting better by the day, the hour, the minute.

Virgo
Aug. 24 - Sept. 23
Your attitude seems a lot more positive now, especially where relationships are concerned. No doubt it has something to do with Mercury's move into your opposite sign. It signals a more upbeat approach to life in general.

Libra
Sept. 24 - Oct. 23
Cosmic activity in your fellow Air sign of Aquarius urges you to be adventurous. You can be a star over the next few days, if you have the guts to go out there and make a spectacle of yourself. So, do you?

Scorpio
Oct. 24 - Nov. 22
Go along with what your friends suggest today, even if your heart is not really in it. Chances are it will develop into the kind of situation where you not only have a lot of fun but make some money as well.

Sagittarius
Nov. 23 - Dec. 21
If you have not made up your mind about where your next vacation will be, you must get on it straight away. The Sun moves out of the travel area of your chart in two weeks. Make a decision by then.

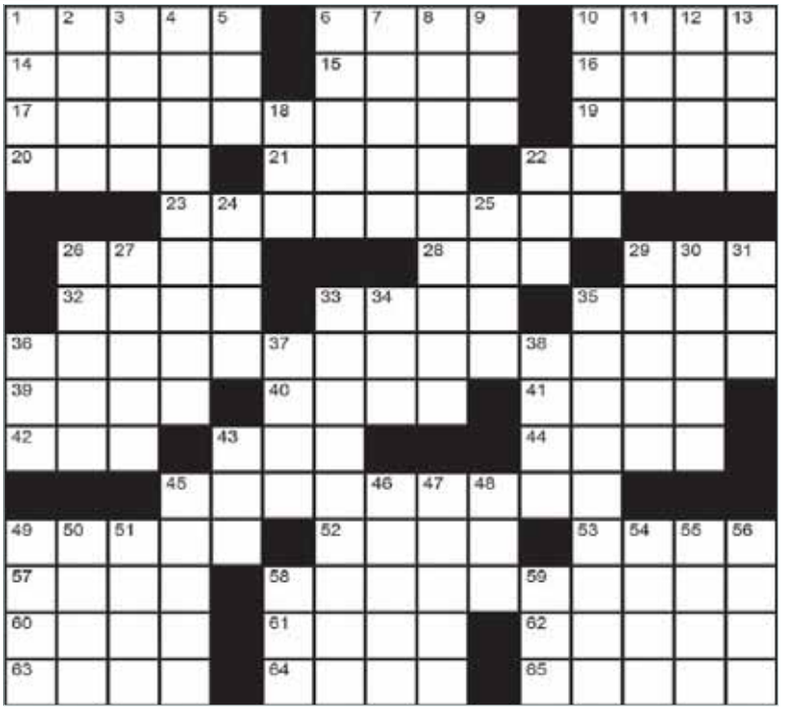
Capricorn
Dec. 22 - Jan. 20
Because you can see both sides of an issue, you may find it hard deciding who to support. But what makes you think such a decision is necessary? Stand back and let your rivals fight among themselves.

Aquarius
Jan. 21 - Feb. 19
The Sun remains in your sign until the 18th, which means you have plenty of time to make your mark. Whatever successes you have enjoyed or failures you have endured, put them all behind you and do something remarkable.

Pisces
Feb. 20 - March 20
Mind planet Mercury moves into your sign today, making it easier for you to see things as they really are rather than as how other people want you to see them. You'll realize that most of your fears are unfounded. SALLY BROMPTON

Crossword: Canada Across and Down

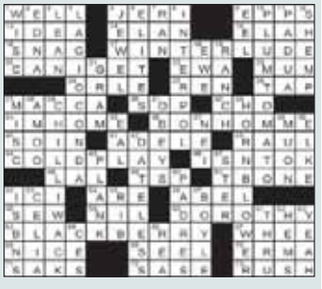
BY KELLY ANN BUCHANAN



Across
1. Actor Johnny's surnamesakes
6. Barney and Betty's baby, when doubled
10. Air heroes in war
14. All
15. 16 Wing Borden, the 'Birth-place of the _ _ _ _'
16. Credit card
17. 1700s French fortress on Cape Breton Island
19. How Canada Geese fly, __ _ _ shape
20. Bag style
21. Wine bottle plug
22. Raising the Roof's money-raising red hat to help the homeless
23. Meewasin Valley Trail locale
26. Commedia dell'__ (Centuries-old improvised comedy)
28. Like some humour
29. Cable network
32. "__ & Stitch" (2002)
33. US music trade org.
35. Ireland
36. Peter MacKay's government job: 2 wds.
39. Paris airport
40. Port of Yemen
41. Leave out
42. Hiver's French opposite
43. "So long."
44. Meshworks
45. Support together
49. Honeydew __
52. Cut of meat
53. Swiss peaks
57. "Pronto!"
58. Provincial bird of Ont.: 2 wds.
60. Foot injury result
61. Prefix to 'allergenic'
62. Air freshener target
63. Some slitherers
64. Greyish
65. Boat poles

Down
1. Shoulder muscle, informally
2. Cooking oil, to Rachael Ray
3. __-etre (Perhaps, in Montreal)
4. Vancouver-born actor Jason
5. Method [abbr.]
6. Stream
7. Luxury brand from Honda
8. Samuel Langhorne Clemens' pen name: 2 wds.
9. Factory activity [abbr.]
10. Engined bird flying over Montreal?
11. Five: French
12. Jacob's twin in the Bible
13. Conserve
18. Cavemen yrs.
22. Mattel product
24. "__ Flux" (2005)
25. Port city of Algeria
26. __ Bay, British Columbia
27. __ through (Plunder)
29. Band's cue to start: 2 wds.
30. Wrestling great Mr. Hart's
31. Not 'neath
33. Sends out soldiers again
34. "_ __ Mine" by The Beatles
35. Victor Hugo character
36. Anonymous surname
37. Small islands
38. Prefix to 'sphere'
43. "__ voyage!"
45. Hamilton's __ Coliseum
46. Pizazz
47. Leonard of "Star Trek"
48. __-Cat (Ski hill machine)
49. __ fide (In bad faith)
50. 'Photosynth' suffix
51. Light source
54. Toilets, British-style
55. Sulk
56. Grads-to-be, for short
58. "__-ching!"
59. Name: French

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3					5	7
5		6			9	4		
		8		5				
			4	1		3		
1			7		5			4
		2		3	6			
				2		6		
		7	1			9		8
6	2					5		

Yesterday's Sudoku

6	1	5	3	2	8	9	4	7
3	8	9	7	6	4	1	5	2
4	2	7	1	9	5	3	8	6
8	5	3	9	7	1	2	6	4
2	9	1	8	4	6	5	7	3
7	4	6	2	5	3	8	9	1
9	7	8	6	1	2	4	3	5
5	6	2	4	3	9	7	1	8
1	3	4	5	8	7	6	2	9

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